



# Daily Programs - Sept 2018

Every  
One  
Matters.

■ Unit 7 -1355 Huron Street

■ 659 Dundas Street

■ Community Locations

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>Health Centre Closed for Holiday</p>	<p>4</p> <p>ID Clinic 10-12 Huron French Seniors 10-12:30</p>	<p>5</p> <p>Guitar Class 9:30-10:45 Book Club 11-12 Healthy Recipes 10:30-12</p> <p>Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30 Afghan WOW 6-8</p>	<p>6</p> <p>ID Clinic 1:30-3:30 Yazidy WOW 5:30-7:30 SE Multicultural WOW 6-8 NELCE Walking Group 6:45-8</p>	<p>7</p> <p>Garden Club 9-11 Sit and Get Fit 10-11 News &amp; Views 11-12</p> <p>HOAC - Cards 1:30-3:00 NELCE Happy Hookers 1-4 CH French Seniors 1-3</p>	<p>8</p> <p>Tai Chi for Seniors 9:15-11:15</p> <p>NW Multicultural WOW 10-12</p> <p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>Grit Uplifted 2-4</p>
<p>10</p> <p>Health in Housing 9:30-11:30 Keep Me Safe 10-11 News &amp; Views 11-12</p> <p>Birthdays 1:30-3:30 NELCE Cards and Crafts 1-3:30 HIV Testing - 1-4 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>11</p> <p>ID Clinic 10-12 Huron French Seniors 10-12:30</p> <p>Creative Design 1:30-3:30</p>	<p>12</p> <p>Guitar Class 9:30-10:45 Book Club 11-12</p> <p>Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC - Crafts 1:30-3:30 NELCE Council Meeting 6-8:30</p>	<p>13</p> <p>ID Clinic 1:30-3:30 Middle Eastern WOW 5:30-7:30</p> <p>NELCE Walking Group 6:45-8</p>	<p>14</p> <p>Garden Club 9-11 Sit and Get Fit 10-11 News &amp; Views 11-12</p> <p>HOAC - Cards 1:30-3:00 NELCE Happy Hookers 1-4 CH French Seniors 1-3 Bhutanese WOW 5:30-7:30 pm</p>	<p>15</p> <p>Tai Chi for Seniors 9:15-11:15</p> <p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>Grit Uplifted 2-4</p>
<p>17</p> <p>Health in Housing 9:30-11:30 Keep Me Safe 10-11 News &amp; Views 11-12</p> <p>HOAC Games 1:30-3:30 NELCE Cards and Crafts 1-3:30 HIV Testing - 1-4 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>18</p> <p>ID Clinic 10-12 Huron French Seniors 10-12:30</p> <p>Chop, Eat, Learn 1-3</p>	<p>19</p> <p>Guitar Class 9:30-10:45 Book Club 11-12</p> <p>Jalna French Seniors 1-3 Seniors 60+ 1-2:30 HOAC- Art Journaling 1:30-3:30 Afghan WOW 6-8 Diabetes FEAT 6-8</p>	<p>20</p> <p>ID Clinic 1:30-3:30 Yazidy WOW 5:30-7:30 SE Multicultural WOW 6-8 NELCE Walking Group 6:45-8</p>	<p>21</p> <p>Garden Club 9-11 Sit and Get Fit 10-11 News &amp; Views 11-12</p> <p>HOAC - Cards 1:30-3:00 NELCE Happy Hookers 1-4 CH French Seniors 1-3</p>	<p>22</p> <p>Tai Chi for Seniors 9:15-11:15</p> <p>NW Multicultural WOW 10-12</p> <p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>Grit Uplifted 2-4</p>
<p>24</p> <p>Health in Housing 9:30-11:30 Keep Me Safe 10-11 News &amp; Views 11-12</p> <p>HOAC - Darts 1:30-3:30 Sharing Circle 2:30-4 NELCE Cards and Crafts 1-3:30 HIV Testing - 1-4 Mindful Movement 5-6 NWL Connects 6-8 SMART 6:30-8:00</p>	<p>25</p> <p>ID Clinic 10-12 Huron French Seniors 10-12:30</p> <p>Creative Design 1:30-3:30</p>	<p>26</p> <p>Book Club 11-12 Guitar Class 9:30-10:45</p> <p>Jalna French Seniors 1-3 HOAC - Crafts Seniors 60+ 1-2:30 Diabetes FEAT 6-8</p>	<p>27</p> <p>ID Clinic 1:30-3:30 Middle Eastern WOW 5:30-7:30 NELCE Walking Group 6:45-8</p>	<p>28</p> <p>Garden Club 9-11 Sit and Get Fit 10-11 News &amp; Views 11-12</p> <p>Food Box - Last Day to Order - 12 noon HOAC - BINGO 1:30-3:00 NELCE Happy Hookers 1-4 CH French Seniors 1-3 Bhutanese WOW 5:30-7:30 pm</p>	<p>29</p> <p>Tai Chi for Seniors 9:15-11:15</p> <p>Old East Walking Group to Farmer's Market 9:30-10</p> <p>Grit Uplifted 2-4</p>

**Hep C Waiting Room**  
Mon 1:30-3:30 and  
Wed 9:00-12:00

**HIV/AIDS Testing (Anonymous)**  
Drop-in or make an  
appointment by calling  
519-673-4427

**Book Club:** Read or listen to a good book. No skills required but you might learn some. 659 Dundas St. Len

**Creative Design:** Be creative. Let your ideas out. Learn about digital communications. 659 Dundas St. Mike

**Chop, Eat, Learn:** Simple healthy meals on a budget. 659 Dundas St. Ayesha

**Diabetes FEAT:** Fitness and eating education for those at risk, newly diagnosed and diabetics. Huma.

**French Seniors 50+:** Parlez-vous francais? A seniors group to learn and practice your French! Sonia

- **Huron Group** - LIHC Unit 7-1355 Huron St.
- **Jalna Group** - Jalna Library - 1119 Jalna Blvd.
- **Cherryhill Group** - Cherryhill Library - 301 Oxford St.

**Garden Club:** Get your hands dirty and learn about growing vegetables and flowers. 659 Dundas St. Len

**Good Food Box:** Order low-cost fruit and veggie boxes for pick up on the last Wednesday of every month. 659 Dundas St. and Unit 7- 1355 Huron St. Michelle/Margarita

**Grit Uplifted:** An opportunity for individuals to meet new people and learn about self-expression and creative writing. Central Library. 251 Dundas St.

**Guitar Class:** Learn to play the guitar! 659 Dundas St. Len/Ted

**Health in Housing:** Outreach to develop supports for individuals, families and community. 1481 Limberlost Road Unit 136 Residents Only. Shelly

**Health Outreach Activity Council - (HOAC)** 659 Dundas St. Dave

- **Arts and Crafts:** Join us in some arts, crafts and fun activities.

- **Art Journaling:** Creative expression through art and writing.

- **BINGO:** Come out, play BINGO and win prizes!

- **Birthday Celebration:** Celebrate your birthday with friends and the Health Outreach Activity Council.

- **Cards and Games:** Come out, play cards and win prizes!

**Healthy Recipes:** Information about physical activity, eating healthy, blood sugar management and self-care. 659 Dundas St. Adriana

**Hep C Waiting Room:** Mondays drop in for education, screening and support. Wednesdays come in and connect with Outreach and Social Work. 659 Dundas St. Meaghan/Lisa/Lila/Marsha

**HIV Testing:** Learn about prevention, testing and treatment. RHAC #30-186 King St. Richard

**Keep Me Safe:** Learn harm reduction strategies and techniques. 659 Dundas St. Henry

**Mindful Movement:** Relieve your daily stress with yoga, Nia and Tai Chi. Class for women only. Unit 7 -1355 Huron. Sonia

**North East London Community Engagement (NELCE)** - Unit 7 -1355 Huron St. Greg/Tosha

- **Cards, Crafts and Games:** Join us for fun activities, meet new people and enjoy a snack.

- **Happy Hookers:** Learn to knit, crochet or embroider with a group that will make you smile.

- **NELCE Council Meeting:** A resident-based, action-oriented community group focused on strengthening North East London. Unit 7 - 1355 Huron St.

- **NELCE Walking Group:** Join us for a walk through the neighbourhood. Beacock Library - 1280 Huron St.

**News and Views:** Discuss issues and news in our community, our city, our country and the world. 659 Dundas St. Len

**NWL Connect:** Residents of Northwest London gather over food, activities and community building. 570 Gainsborough Road. Shelly

**Old East Walking Group:** Walk to the Farmers Market and receive \$2 in Harvest Bucks. Meet in the Marshall St. parking lot behind 659 Dundas St. Shelly

**Sharing Circle:** Reflect on our experiences and visions for the future. Discuss aboriginal rights and explore our own inherent rights. 659 Dundas St. Len/Brennan

**Seniors Drop-In 60+:** One hour of seated exercise, snacks and seniors health presentations. 659 Dundas St. Sarah P

**Sit and Get Fit:** Gentle, seated exercise for lifelong comfort and ease. 659 Dundas St. Kristy

**SMART (Self Management And Recovery Training):** A science based addiction recovery support group. Stop using and start living! Unit 7-1355 Huron St. Ted

**Tai Chi:** Registration required. Gentle exercise for seniors 50+. Western Fair Grounds. Sarah P

**Women of the World (WOW):** A space for all women to support and learn from each other. Deborah

- **Afghan WOW-** LIHC 659 Dundas St.

- **Bhutanese WOW** - Family Carling Thames - 335 Belfield St.

- **Middle Eastern WOW** - Childreach - 265 Maitland St.

- **Yazidy WOW** - Family Carling Thames - 335 Belfield St.

- **South East Multi-cultural WOW** - Central Library - 251 Dundas St.

- **North West Multi-cultural WOW** - Sherwood Library - 1225 Wonderland Road West

For information or to be added to a monthly e-distribution list contact:

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519-660-0875 ext 294